Slip, Trip and Fall Prevention

Fort Lee Safety Office
765-3130

What's the problem ?

- It is the **#1** leading cause of injury
- STF's represent about a fourth of all claims
- Each fiscal years there are thousands of cases
- Total incurred costs of these claims are in the tens of thousands.

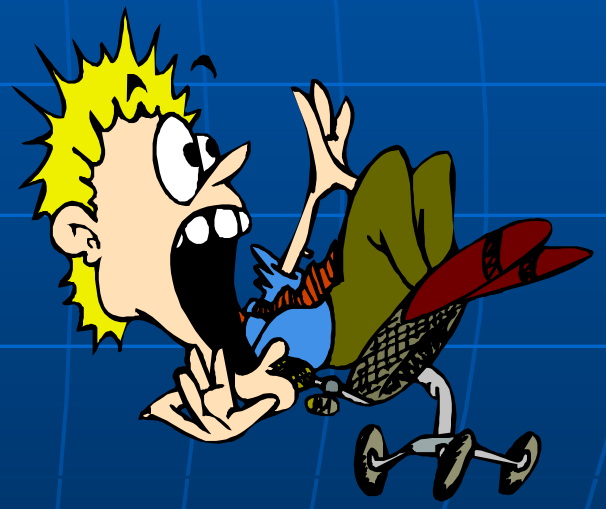
Slip, Trip and Fall Claims Breakdown

- Same Level (50%)
- Different Level (14%)
- Stairs (14%)
- Liquid & Spills (9%)
- Slip / No Fall (5%)
- Ice / Snow (5%)
- Floor Openings (2%)
- Ladder / Scaffold (1%)

Slips

Slip

-loss of balance caused by too little friction between a person's foot and a walking surface.



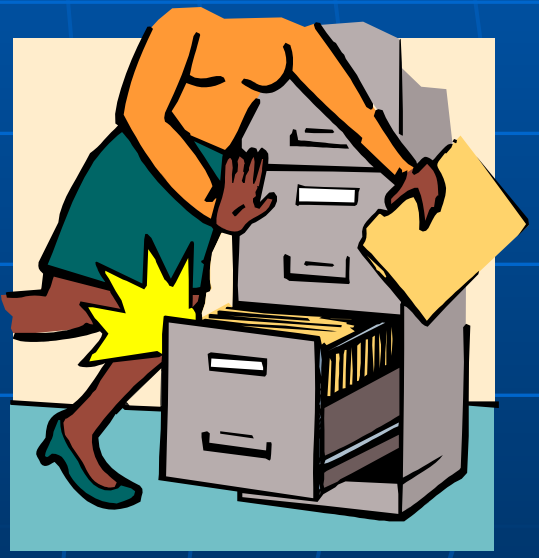
Common Causes:

- Wet or oily surfaces,
- Occasional spills,
- Weather hazards,
- Loose, unanchored rugs or mats, and
- Flooring or other walking surfaces that are worn.

Trips

Trip

- hit an object, lose your balance and fall



Common Causes:

- Obstructed view
- Poor lighting
- Clutter in your way
- Wrinkled carpeting
- Uncovered cables
- Drawers not being closed
- Uneven (steps, thresholds) walking surfaces

Falls

Fall:

- when you lose your balance & drop to the floor

There are three types of falls:

- Falls on the same level
  - Slip or trip immediately precedes fall to floor or walkway
- Falls to lower level
  - Falls are from platforms, docks, ladders, steps or stairs
- Jumps to lower level
  - An intentional jump from one level to another
  - Employee jumps off ladder, dock, equipment

Prevention

- Good housekeeping
- Quality of walking surfaces (flooring)
- Selection of proper footwear
- Appropriate pace of work

Housekeeping

- Clean up spills immediately
- Mark spills and wet areas
- Mop or sweep debris from floor
- Remove obstacles from walkways
- Keep walkways free of clutter
- Secure mats, rugs and carpets

Housekeeping

- Close file cabinet or storage drawers
- Cover cables that cross walkways
- Keep working areas and walkways well lit
- Replace burned out bulbs

Flooring

Change or modify walking surfaces

- Recoat or replace floors
- Install mats
- Pressure-sensitive abrasive strips
- Abrasive-filled paint-on coating
- Metal or synthetic decking

Footwear

Conditions:

- Floors - oily or wet
- Considerable time outdoors

Advantages

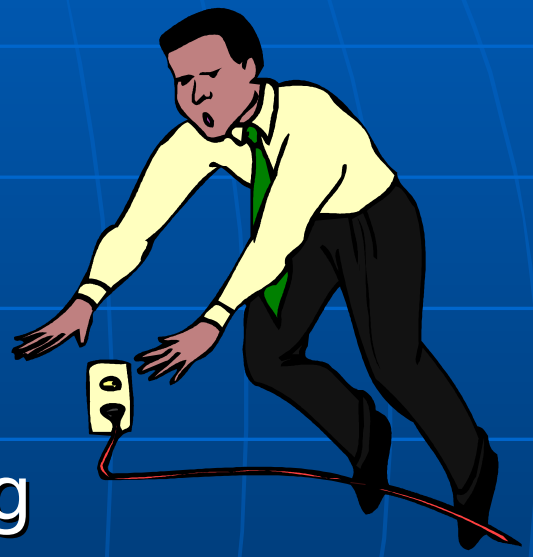
- Properly fitted
- Increased comfort
- Prevent fatigue
- Improve safety

What can **YOU** do to avoid slipping at work?

- Take your time
- Pay attention
- Adjust stride to the task
- Walk with feet pointed slightly outward
- Make wide turns at corners.

What can **YOU** do to avoid tripping at work?

- Sufficient lighting
- Portable lighting
- Watch where you are walking
- Carrying or pushing objects
  - obstructions, spills or objects lying on the floor



Inclement Weather

- Slow down to react to a change in traction
- Wearing slip-resistant shoes or overshoes
  - carry your work shoes
- Sunglasses
  - outdoors in ice and snow
- Treat walking surfaces
- Wet shoes on dry floors – Caution !

Report Hazards Immediately

If you cannot fix the hazard yourself then:

- Immediately report the hazard
- Alert or warn others in the area
  - Mark the area or stay there until help arrives
- Hazards not fixed in a timely manner
  - Contact the your Unit Safety Officer

Can you identify what is wrong in the following pictures?

CAUTION
WET
FLOOR

SECOND FLOOR

Fort Lee Safety Office
765-3130

Contact The Safety Office For Additional Training Material